

LAMBDA

Vol. 47 No. 13 - The Official English Student Newspaper of Laurentian University Since 1961 - March 13th 2009

SGA Elections 2009

VOTE!

It's time to elect your 2008-2009 Student General Association executive team. Your vote will decide who takes over the SGA in May, and the representatives that you choose will defend and support your interests on both a local and national level.

Check out pages 7 - 9 for information about the election, the candidates and any information that you will need to know on March 18th and 19th. Voting takes only a minute of your time, so get the discussions started, come out to the candidate speeches, and bring your friends to a polling station next week!

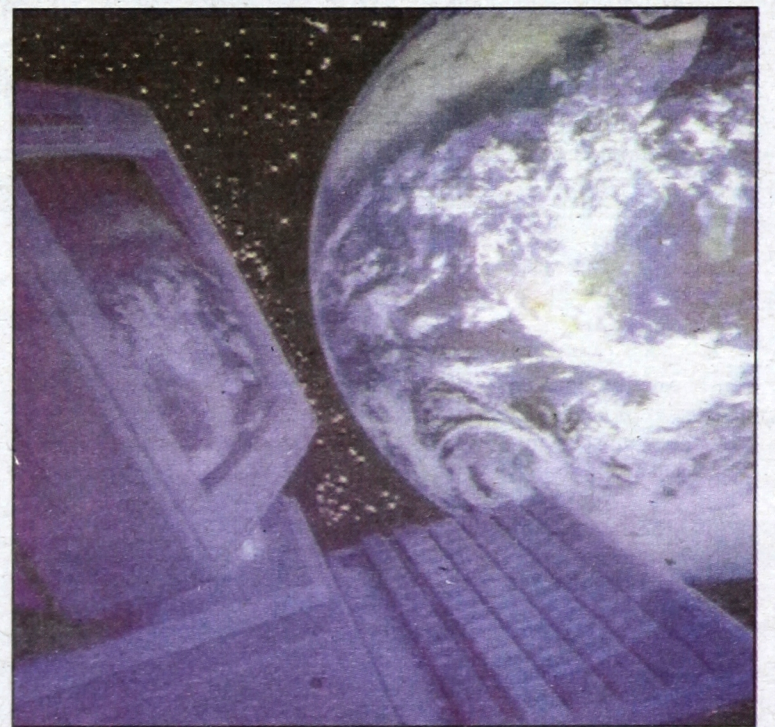
It's our goal this year to reach a 25% voter turnout, which will be one of the highest in all Ontario universities. Help Laurentian set an example for the rest of the province! See you at the polls!



LAMBDA is now online!

LAMBDA is now upgraded and on the World Wide Web. Check out the website for the latest issue and news from around Laurentian, the SGA and community.

www.sga-age.com and go to the LAMBDA link!



Technology

Facelift of Facebook

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SGA

SGA Elections 2009
Information

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LAMBDA

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Lambda circulates 2,200 copies throughout the City of Greater Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments.

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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.



Jason Miller
Editor-in-Chief
2008/2009

Here it is Laurentian, LAMBDA's special SGA Election issue. If you have just been an issue skimmer in the past, this is the issue that you will want to read thoroughly. Pages 6-9 have candidate platform and bio information, as well as all you need to know about positions, where to vote, and why it is important to. These elections are crucial to the SGA student body. As paying SGA members, make your voice heard and have your student fees go towards operations you are interested in. The people you nominate handle everything from events to issues, so have a say in who is representing you. If you have not gotten the hint, it is to VOTE. The goal of the SGA and LAMBDA is to get a 25% voter turnout. It is not difficult

and takes but two minutes of your time. This being said, I hope to see everyone at the voting stations March 18th and 19th. If you still require more information e-mail the SGA at sga@laurentian.ca and they will be more than happy to assist you.

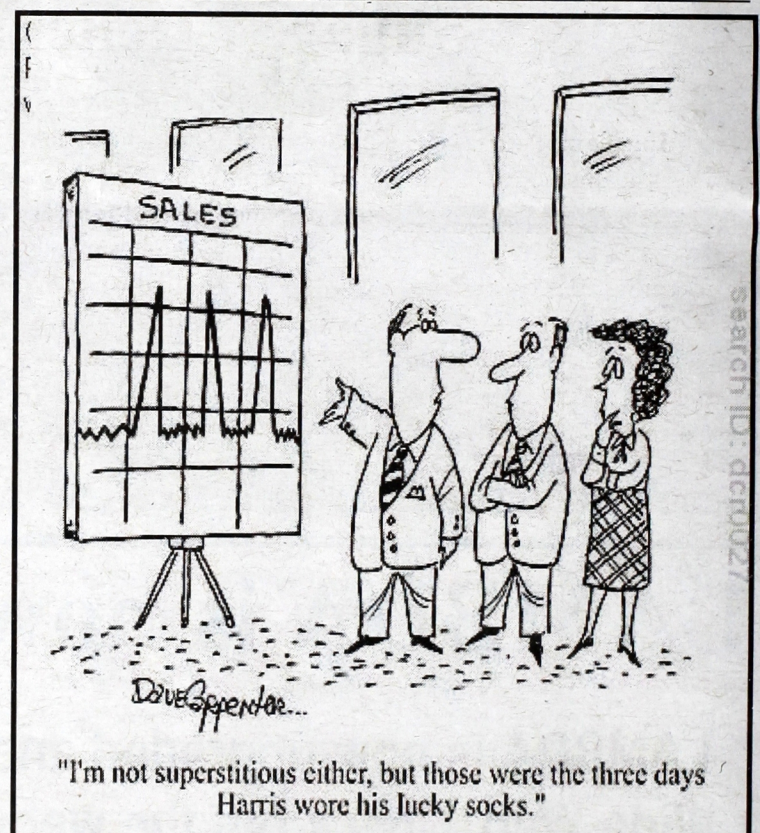
Anyways, I hope everyone has been enjoying themselves. It seems like only yesterday I moved up to Laurentian for the start of first semester, and now here we are with the 3rd last LAMBDA edition of the year. It brings a tear to my eye... but only for a second. Summer is arriving and I could not be happier. The weather is teasing us, as just when we are starting to notice the signs of summer with grass patches and the bright sun, Sudbury has another 5-foot snowfall. Who ever said there was such thing as global warming? As I write this editorial, the sun is shining right into my eyes; most people

would close the blinds, but I enjoy the small hints of summer. Although these positive thoughts may change mid-way through summer when I am a slave to employment (instead of school) and am missing the freedom and easy living that university offers.

Speaking of summer brings up the question of where you are going to be working. As for myself, I do not wish to fall back into the same pattern as the previous two years, but I find myself slipping back that way. With the economic crisis that is happening how is it going to be for students searching for a job this summer? My guess is difficult. If you have not started searching for summer employment it would be a wise idea to begin. If you think it is too close to be worrying about this then I will replay the information my mother constantly states every Sunday phone call, which is "it is better

to be safe then sorry" (see mom I do listen). Never before could I have imagined my parents making an actual good point. Perhaps it was luck. In any case, I hope everyone all the best with the job search and if you have already organized your summer employment then you are more prepared than I. Lastly, I would like to thank State of Shock and The Latency for appearing in the Great Hall on the 7th. The two bands put on an amazing show and the crowd had a very positive reaction afterwards. This will end my editorial this issue. I am impressed that I have yet to mention that this is our 13th issue and it is being distributed on Friday the 13th. Hope this does not affect any superstitious people out there...merely a coincidence, or is it?

Until Next Time
Jason Miller



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Joe Zamojski
Assistant Editor
2008/09

Yet another couple weeks have gone by, and the semester seems to keep flying. I have been so busy and have had no real time for myself at all. Soon enough I am going to be at home and working once again. But we have all heard this before, and are on the same page.

With March Madness coming up, I have recently been thinking about university and sports. In university and college, sports are a major determinant in many students' decisions, mainly if they are an aspiring athlete; even more so in the United States of America, where collegiate sports are in many areas more popular than the professional teams. In

Canada however, most sports I believe are not taken as seriously. I am proud to be Canadian, but, I am also a little ashamed that our best athletes constantly leave to go play south of the border. Why can Canada not compete with the United States when it comes to keeping our athletes in their own country?

Many students gain full scholarships to universities in the States for playing university sports. In Canada, often our most talented and brightest athletes go to college in the U.S. rather than stay in Canada because of this. In the United States a lot of players also feel that they have a greater chance of being noticed. However, I believe that would not be the case with all the media and

internet news today. If a basketball player at Carleton was scoring 40 points per game, I think he or she would get noticed quite easily. If our top athletes stayed in Canada it would put many of our universities on the map across North America. Some people in southern Ontario do not even know what Laurentian is. I know this cannot happen over night, and I myself do not have a complete or thorough idea of how to bring Canadian universities to the attention of elite young athletes. However, the idea of Canadian athletes playing in their home country and raising the status of our universities is tempting to consider.

Let me also further mention where I am trying to go with this. This is not just

for the sport fans and the jocks, it cannot be disputed that popularity brings pride. Any student would be proud to go to a school which competes not just academically but also in sport. Popularity would attract students into programs at Laurentian...period. Personally, I own more clothing supporting North Carolina then I do for Laurentian. When I think about it that does not make a whole lot of sense. Imagine our Canadian Universities attire being sold at Sportcheck and Footlocker across the country. Little kids would want to grow up from an early age and say I want to go to Laurentian or which ever other Canadian university it is. The point is we are missing out on a great

opportunity in Canada, and something that many of us Canadians will never experience.

I will leave this ranting article with something that may sum up a comparison between Canada and America. Prime Minister Harper did not even attend the Olympic opening ceremony. Yet George Bush was out slapping the players' behinds in support. Maybe Harper had better things to do. But none the less, pride is something to inspire people. I love Canada, but we are missing out. I guess for now I will have to just watch March Madness on TV in order to view some of Canada's premier athletes.

Sugar... Delicious... But Is It Really Good?

Joe Zamojski
Assistant Editor

Candy, pop, chocolate, desserts, etc are all delicious and hard to say no to. Sugar is a very appetizing substance, that is used a lot more often in today's society than it was ever used before. Refined sugar is considered to be dangerous in many ways for our health. A very high percentage of health problems, in North America especially, are caused by diet. "You are what you eat". This saying has been around for years, and seems to not be a myth. This is proven when we look around at all the obesity and medical difficulties that are present in our society nowadays. Sugar is a substance that is consumed largely across North America and other places in the world. There are many health risks, and problems that come with the over use of it.

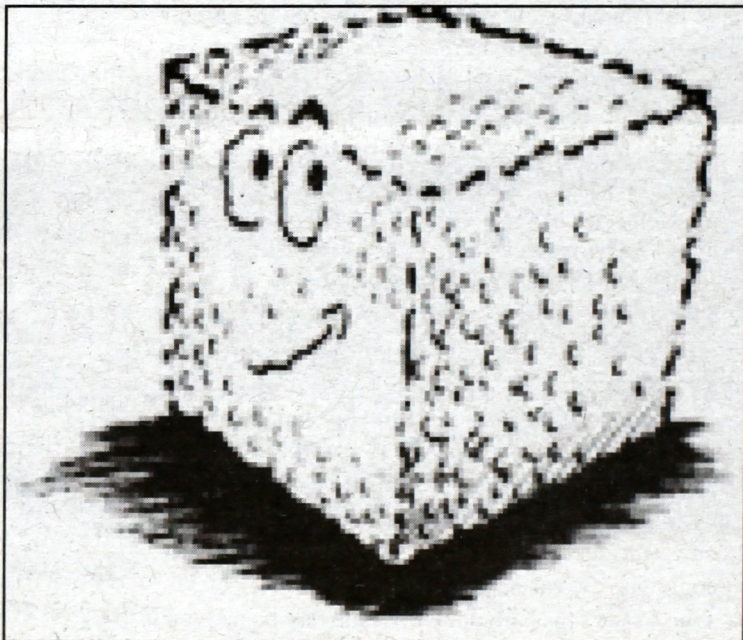
According to Doctor Gardner, from the Preventative Medicine Group, sugar is supposed to be used as energy in the body. In the amounts that we feed our body, it does not get used fast enough, and then is stored. Approximately 40% of the sugar we eat from a candy bar is stored as fats in our body. These fats are

known mostly as triglycerides and cholesterol. As you probably already know this does not create for a very healthy situation in our body. Cholesterol is a main cause of obesity and heart problems in the body. It can become very dangerous if it is let out of control. This storage of sugar is also a cause of a well known disease, diabetes.

The sugar we consume is displaced throughout our blood stream. When our bodies are subjected to this over long periods of time many complications occur. Diabetes and obesity are known as the most common. Diabetes has much to do with the height of insulin levels in the body. The body tends to not allow for the sugar consumed to be used as energy anymore, and therefore it just accumulates in the blood stream. This causes for the heightened insulin levels, and the inability to loose weight. Therefore it encompasses both obesity and diabetes. However, these are not the only two problems that come with over intake of sugar. Another harmful effect of much sugar intake is the increase of calcium loss through the urine. Over time this can contribute to osteoporosis. Yet again, this is not all. Overflowing the body with high insulin can leave a lot of non-ingested sugar in the body, this allows for a

very satisfying breeding ground for bacteria, known as Candida and fungi. These will breed in the intestinal tract possibly leading towards many problematic outcomes. One of these problematic outcomes could even be cancer. It is thought that high sugar intake and these bacteria can leave individuals at a greater risk for cancer. These risks are just some main points that are looked at by doctors today. It is not saying that we have to avoid sugar all together, but the average amount the person is consuming nowadays is ridiculously high, and can be cut back to a minimum. There are many alternatives that will satisfy the body.

Are sweeteners a good alternative to sugar? It is not seen now that they are. There have been many studies taken over time that show "diet" does not always help a person loose weight. There is evidence of individuals gaining weight after using "diet" substances. Sweeteners are seen to have many other adverse effects on the body as well. Some main sweeteners are known to be; Sweet 'N Low and Sugar Twin (Saccharine), NutraSweet (Aspartame), and Splenda (Sucralose). Saccharine is seen as being a probable cause of developing cancer. Aspartame is known to break down in the body as



a wood alcohol, and then form into formaldehyde. Formaldehyde, is a known cancer causing agent, and can be very harmful to the body in many other ways. Sucralose has been recently approved to be the healthiest alternative choice. It however has not been around for very long and therefore we do not know much about its long term effects thus far. There are other herbal sweeteners that are available as well. These are seen as the best alternative as of now. However, the very best "sweet" for our body is the most natural of them all, fruit. Fruit provides all the needed sugars, and fiber that are body needs. The combination of nutrients and fiber along with its natural sweetness is ideal for our digestion. Our body is most likely to use all

of the glucose ingested from a fruit. This is not a very easy transition for many people in the population today. Fruit is the best sugar we can consume, however many people resort to other eventually harmful desserts. We are what we eat, and it is proven through the diets and nutrition of people today. Sugar eating levels have risen immensely over time. We need to stop putting our bodies through agony, and chose a lot more healthy things to eat. These choices are out there, all we have to do is choose them over the ones that are bad. Ask yourself this question ... Are you eating too much? Then if the answer is yes, try to do something good for you and your body... cut back and choose healthy.

Two Languages, One Country! ...And a movie?

By the LAWLU Executive.

There is a certain duality to Canada's history. The English and the French in Canada have always had two distinct cultures, norms and laws. As Canada came together as a nation, these distinctions became apparent – especially between the 60's and 80's, as the idea of language rights gathered momentum.

During this time, developments began occurring that sped along the process of developing language rights in Canada. The FLQ bombings in 1963 expedited the creation of the Royal Commission on Bilingualism and

Biculturalism; a speech by General de Gaulle in 1967 helped pave the way for the Official Languages Act; and Prime Minister Trudeau ensured that language rights would be forever protected under s. 16 of our Charter of Rights and Freedoms.

Language is a fundamental part of the identity of an individual. It is also crucial to the understanding of the history of this nation. Those who participated (peacefully) in the language rights movement recognized these facts. Though things are far from perfect, most would agree that Canada has come a long way in terms of language rights.

Event is on March 19th at 7pm in A226. It is free and welcome to all!

Where There's This Much Manure, There's Gotta Be A Pony!

Robert Kirwan

Host of The Learning Clinic on CKLU 96.7 FM

Everyone knows that this is not the best of times to be graduating from university with great expectations of starting out immediately in your chosen career. We are in one of the worse recessions in recent memory and just about every segment of the marketplace is being affected by the global meltdown. It may be hard for you to be convinced to think positive at a time like this, but I would ask you to think about something that Winston Churchill once said when he explained the difference between a pessimist and an optimist. He said, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

We may be living in a particularly challenging time, but consider the following story that demonstrates how there are always two ways of looking at any given situation – even if that situation appears on the surface as glum as we find the job market today.

As the story goes, a shoe company sent two representatives to a remote island in the tropics where people don't wear shoes. Now imagine yourself working for a company that sells shoes and how you would feel if you were sent to an island where people don't wear shoes.

One of the reps called the boss the day he arrived on the island and said, "Boss, I need to come home. People don't wear shoes here."

The other rep also called the boss the day he arrived and said, "Boss, send the entire warehouse. I need to stay for one more month. People don't wear shoes here."

Both reps arrived at the same time and both made the same observation. However, one of them saw a tremendous opportunity to make a sales because none of the potential customers were wearing shoes while the other saw futility in the same situation and simply gave up even trying. Which of the two reps best describes how you view adversity and challenges?

Finally, there is an old story about identical

twins. One was a true optimist. "Everything is coming up roses!" he would say. The other twin was a sad and hopeless pessimist. The worried parents of the boys brought them to the local psychologist.

The psychologist suggested to the parents a plan to balance the twins "personalities." On their next birthday, the parents were to put them in separate rooms to open their gifts. They were to give the pessimist the best toys they could afford, and give the optimist a box of manure. The parents followed these instructions and carefully observed the results.

When they peeked in on the pessimist, they heard him audibly complaining, "I don't like the color of this computer. I'll bet this calculator will break. I don't like the game boy. I know someone who's got a bigger toy car than this."

Tiptoeing across the corridor, the parents peeked in and saw their little optimist gleefully throwing the manure up in the air. He was giggling. "You can't fool me! Where there's this much manure, there's gotta be a pony!"

Life is going to throw us all some pretty serious challenges from time to time. The true test is how you react to these challenges and how you approach each as an opportunity for growth. Never give up and never despair. Things will get better and you will be stronger for the experience. Remember the words of Winston Churchill. "An optimist sees the opportunity in every difficulty." Life is much easier to take if you take the optimistic approach.

So the next time you feel the world caving in on you, don't look at things negatively. Just picture the little boy sitting in a room full of manure. He has the right approach to life. "Where there's this much manure, there's gotta be a pony!" You too can expect the pony to come along soon. Just keep your eyes open and be ready to jump on the next opportunity that comes along.

If you are looking for some tips in your search for a meaningful career, you may want to check out my web site at www.careerplanner.ca or www.thelearningclinic.ca

Have a good week!

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Give me freedom, or give me – college?

Danielle Webb
CUP Atlantic Bureau Chief

While wandering around the Eaton Centre in Toronto this winter, I paid a visit to Santa Claus. When posed with the quintessential holiday question: "What do you want for Christmas?" I asked Santa to bring me a big-girl job – one that paid more than minimum wage and would last longer than a year. Christmas morning came and went, and my dream job wasn't wrapped in a box with a pretty green bow under the tree. Now in the home stretch of my degree, I'm still facing graduation without secure employment waiting at the finish line.

With economic uncertainty and reports of companies going under or posting deficits – each translating into smaller hiring budgets – a lot of my fellow soon-to-be-university-graduates are facing similar situations.

Let's face it: Jobs are hard to come by, and they'll be hard to come by for a while. Most economists are not predicting a positive spike to the economy until mid-2010.

While I try not to succumb to the go-back-to-school-while-waiting-

for-a-job back-up plan, others are viewing further education as a viable way to weather the economic storm.

It's not traditional academic programs that are seeing the enrolment boost; it's college programs that promise students direct routes to the job market upon graduation. Catchy slogans for technical programs adorn billboards across the country. For example, advertisements for George Brown College in Toronto include the slogan: "George Brown gets you the job," claiming that nine out of 10 graduates are employed within six months of graduation. The college offers programs like nursing, information technology, culinary arts, and graphic design – all fields that are currently in desperate need of employees.

Schools like Humber College and Conestoga College, both in Ontario, are seeing applications for 2009-2010 increase by 15-17 per cent.

In Atlantic Canada, the drought in skilled trades like carpentry and electrical work are so dire that even some of the schools are having trouble filling teaching positions.

Economic downturn or not, some

people are always guaranteed work.

But, as more of us fresh university grads consider college to actually gain some real-world work experience, one result also seems inevitable.

The whole convoluted and tuition-filled process is breeding an over-qualified workforce that will be ready for the picking in two or three years. It will undoubtedly leave the job market more competitive than it is now, with more graduates with more skills looking for jobs.

Maybe I should go back to school. Sooner or later, my humble history undergraduate degree will become as common as a high school diploma, and I'll still be looking for a job with few skills backed up by an institution's certificate.

On the other hand, for the first time, I don't have my future planned out. I don't know what my next step will be, but one thing is certain: The possibilities are endless. So for the first time, I plan to leap head-first into the job market and prove myself based on my skills and the strength of my character.

I'm kind of excited to see what that will bring.

Stephen Lewis, veteran Canadian diplomat, to speak at Laurentian on March 19

Laurentian University is pleased to invite all members of the community to a public lecture by Stephen Lewis, veteran Canadian diplomat and co-director of AIDS-Free World, on Thursday, March 19, 2009, at 7:30 p.m., in the Fraser Auditorium. Mr. Lewis will speak on the topic of Power of community: creating positive environments.

Admission to the lecture is free and tickets will be available as of March 5, on a first-come, first-serve basis at the following locations throughout the City of Greater Sudbury: Laurentian University Bookstore and J.N. Desmarais Library; Science North; Cambrian College Registrar's Office; Collège Boréal Registrar's Office; and most branches of the Greater Sudbury Public Library.



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S.G.A. GENERAL ELECTIONS
MARCH 18TH - 19TH

SGA ELECTIONS 2009

It's that time of year again - posters go up, speeches get written, hearts get broken. March 18th and 19th are the most important days of the month: You get to choose your new SGA executive. Check out the next few pages for more information about when, where, how, and who to vote for. Your student fees pay for the events and services that the SGA provides, so your vote is more important than ever.....Choose wisely.

Information about SGA positions

The PRESIDENT:

- co-ordinate the actions of the SGA/AGE Executive and Board;
- act as the official spokesperson for the SGA/AGE;
- be a member of the University Senate and Board of Governors;
- be an ex-officio member of each of the Standing Committees;
- have the authority to call emergency SGA/AGE Board, Executive, Standing Committee and General Meetings when necessary
- act as Chief Executive and Administrative Officer of the SGA/AGE;
- advise, assist and encourage the members of the SGA/AGE Board and other SGA/AGE positions in carrying out their duties;
- advise, assist and represent SGA/AGE members in developing academic and financial appeals;
- co-ordinate and chair the actions of the Constitution & Policy and Finance Committees;
- have signing authority over SGA/AGE funds in conjunction with the Executive Director;
- write a monthly article for the student media and/or community media in order to create awareness of the SGA/AGE. If the President is unable to submit an article, the onus will be on the Vice President Student Issues;
- ensure the preparation of a budget prior to the third regular Board meeting;
- research the past Executives and Boards with the Vice President Student Issues
- to ensure completion of long term goals;
- attempt to ensure all monies controlled or allocated by the SGA/AGE Board are used for the purposes for which they were designated;
- represent the SGA/AGE to external organizations, bodies and governments.

consistent with the goals of the SGA/AGE

- liaise with the Francophone Affairs, International Students', Lesbian, Gay, Bisexual and Transgender Students', Native Students' and Cultural Affairs
- co-ordinate and assist these commissioners with their committees and any projects that they produce;
- be responsible for creating awareness of issues that will affect students accessibility to post-secondary education;
- assist and co-ordinate the Bilingual Week of Action, Native Awareness Week and Black History Month

The VICE PRESIDENT SERVICES:

- co-ordinate and chair the actions of the Services and Clubs Committees;
- assume the position of President on a temporary basis should that position and the position of Vice President Student Issues become vacant;
- receive requests for financial assistance from clubs and organizations and present them to the Finance Committee;
- liaise with the clubs and organizations and advise them on financial matters while ensuring they are operating according to SGA/AGE requirements;
- co-ordinate the planning and organization of Orientation and other major SGA social events;
- co-ordinate the planning and organization of Alcohol Awareness, AIDS Awareness and Safe Break weeks;
- assist clubs in their application for recognition and club funding, and ensure that a list of SGA/AGE recognized clubs remains current and available in the SGA/AGE office;
- co-ordinate and implement non-social services (i.e.: fax machine, grocery bus, etc.);
- act as the official liaison between the SGA/AGE and all clubs;
- be a member of the Laurentian University Orientation Committee to help facilitate a more effective Orientation for all first time Laurentian students;
- offer alternatives for clubs, academic and residence councils to raise funds (i.e: coat checks, pub nights, etc.)

The SGA/AGE SENATORS:

- represent the membership of the SGA/AGE at the University Senate;
- present to the SGA/AGE Board the upcoming and past business of the University Senate;
- have the right to strike an ad hoc committee to assist them if they see fit;
- prepare a written report on every committee they are required to sit on;
- be active members in the participation and promotion of all SGA/AGE activities and services.

The VICE PRESIDENT STUDENT ISSUES:

- co-ordinate and chair the actions of the Student Issues Committee;
- co-ordinate and co-chair the actions of the Cultural Affairs Committee;
- assume the position of President on a temporary basis should the position become vacant;
- liaise with the Canadian Federation of Students (CFS) and the Ontario component of the CFS and be the SGA/AGE's representative on the CFS-O's Executive Committee;
- liaise with other external organizations to raise awareness of important issues within and outside of the University community; lobby and encourage campus visits of government officials;
- ensure that constituent cultures of the SGA/AGE membership are accommodated, reflected and represented in the activities and projects of the SGA/AGE;
- promote politically, socially and administratively a university environment that is inclusive and supportive of all constituents that are

The SGA is Your Association

For the past forty-three years, the SGA has remained the largest and strongest association representing the undergraduate students of Laurentian University. The role of the SGA is to provide comprehensive representation of students by students, as well as to provide services, cultural enhancement and entertainment to the student body at Laurentian

Uhh... why do I care to vote?

University. Funded by its student members, the SGA is a collective voice and its resources are applied to meeting the needs and interests of students, as well as in promoting the welfare, safety, and desires of its student members. Through input into academic planning, procedures, and policy at Laurentian University, the SGA provides a voice for students at all levels of decision-making within the university. The SGA also provides politi-

cal representation and advocacy for students at the municipal, provincial, and federal levels of government. The SGA continues to offer a wide variety of useful services for its student members. Included amongst these are our prescription drug plan, the Pub DownUnder, free student agendas, a week of Frosh Activities, CKLU (a student-run radio station), LAMBDA (a bi-weekly student newspaper), and a universal bus pass (U-Pass). The

SGA is an organization that exists for one main reason: to serve you the students! The SGA is a student-run and operated association. As a paying member of the SGA, your student fees go towards the operations and resources of the association, and it is your right to know where that money goes and who is representing you. As always, if you have any other questions, feel free to email us at sga@laurentian.ca.

Where to Vote

Great Hall
Wednesday &
Thursday
9am - 7pm

Science Caf
Wednesday &
Thursday
9am - 2pm

Student Street
Wednesday &
Thursday
9am - 7pm

**University of
Sudbury**
Wednesday 9am
- 7pm
Thursday - head
to Huntington

Huntington
Wednesday &
Thursday
9am - 7pm

**Ben Avery
Gym**
Wednesday &
Thursday
9am - 1pm

Thorneloe
Wednesday 9am
- 7pm
Thursday - head
to Huntington

The 2009 Candidates

Senator

Christine Robb



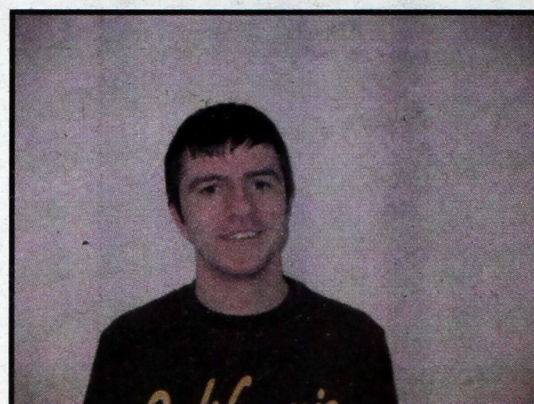
Hello fellow students,

I came to Laurentian three years ago in pursuit of a history degree. Being at Laurentian I have gained deep respect for my community and decided to get involved. In the previous year I have served on the SGA, the University of Sudbury Student Council and the Charity Ball Committee. My experience on these councils provides myself with great ability to be successful as your future SGA senator. As your 2009-2010 senator I intend to represent student issues and opinions within the senate as well as on the SGA. I hope that with my positive attitude and professionalism students will feel confident that I will be able to represent the student body in a productive way. I am excited to start my position in September and hope that you all enjoy your summer!

Sincerely,

Christine Robb

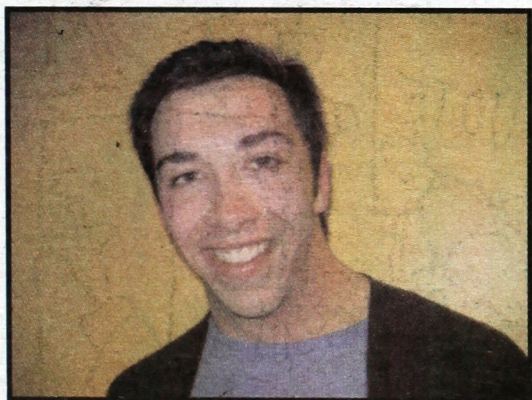
Rejean Venne



Hello. My name is Réjean Venne and I am a third year student in the Commerce program here at Laurentian. I am currently running for the position of Senator for the Students General Association. As Senator it will be my duty to represent the students at Laurentian on the university's Senate. I will put forth all my efforts to ensure that the university hears student concerns and opinions. Beyond being a full-time student here for the last three years, I have also had the chance to hold a part time job on campus. My job demanded a lot of communication with the student population and has given me a first hand look at many issues that must be addressed at this university. My three years of bilingual studies in commerce and administration has provided me with a many of skills that will help me represent a group as dynamic as Laurentian's student population. As a student Senator I will always be available for communication on academic issues that concern the students. I will be open to opinions and ideas that could bring positive changes to this university. I can be reached by email at ry_venne@laurentian.ca or in person wherever you see me on campus.

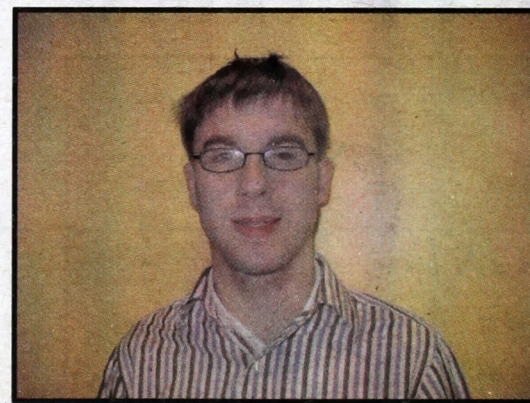
President

Colin McGill



Hi my name is Colin McGill and I want to run for President of your S.G.A. in order to improve the everyday lives of students. If you chose to elect me there are a few things that I would like to try and do. I would like to improve the existing transportation system and try to convince the city to add a bus from campus to the Four Corners so students won't have to wait for a connecting bus. I think that the campus life here at Laurentian could be improved as well as the overall experience that students coming from out of town will have during their time here at this great university of ours. I think this could be accomplished by having more events here on campus that will entice more students from off campus to attend as well as events at local venues throughout the city for out of towners to experience the local flavour. I think this would really improve the intermingling of on and off campus students. On election day I hope you chose me for your new president.

Jason Kontak



I am seeking the presidency of the Student General Association because I am confident in the ideas and determination of students. I am committed to enhancing transportation, food services, your cultural experience and the student-administration partnership. The "4Es on the Road to Excellence" will create a more dynamic social, cultural and academic university experience.

Enhancing transportation will lead to direct buses from the university to the Four Corners, New Sudbury and the Valley and a bus schedule that conforms to your needs. Enhancing food services will lead to a reduction of prices on nutritious foods. Expanded business hours and nice locations to eat will provide greater choice and comfort.

Enhancing your cultural experience will lead to laying the foundation for a multicultural gathering centre, which will act as a student union building. Free conversational French and English courses will allow you to benefit from attending a bilingual university. Enhancing the student-administration partnership will allow students to engage administration in a constructive dialogue. Students deserve a voice in determining where administration allocates their tuition. I am devoted to achieving this and more. As President of the SGA, students will have an association devoted to their interests and a means for diversity to come together, debate and reach consensus. For in our hands is the power to change the circumstances of the present, to begin the process of renewal in a time of trial.

Together let us make the Kontak Connection. Do not hesitate to Kontak me at jl_kontak@laurentian.ca.

The 2009 Candidates

VP Student Issues

Vanessa Butler



Butler, Vanessa Butler and I am running so that I may work for you as Student Issues Vice President. I want to represent you and make sure that our issues are front and center in these turbulent economic times.

I need your vote and your support so that I may continue to promote Laurentian's student movement.

This is my 3rd year at Laurentian and my 2nd year in English Literature. I am well aware of the issues we face and my experience at Laurentian will help me to be your representative.

I have been active in the SGA for three years, volunteering for everything from stuffing frosh kits, BBQs, trick or eat, demonstrating by sleeping outside and picketing for lower tuition. I am all about the student movement and I think we have something really special at Laurentian. Laurentian's SGA can make bigger changes because our smaller student population allows us to be less anonymous. I will make your concerns heard.

This is my 3rd year at CKLU so many of you know my music but you also know I'm not afraid to speak out when it is necessary.

Vote for Vanessa Butler and you will get more personable programs, explaining not Facebooking, a greener and socially active Laurentian, new clothing and food programs to help in these trying times and a person who will work tirelessly for you!

VP Student Services

Scott Kirkness



Hello S.G.A. voting members! Allow me to explain why I, Scott Kirkness, should be your Vice President of Student Services. Well first of all allow me to tell you a little bit about myself. I came to Laurentian in the fall of 2005 and have loved every minute of it. As a student trying to graduate debt free, I worked during school my first three years here, so I wasn't able to participate much in the extra-curricular activities. Fortunately, this year I didn't have to work during school so I finally able to give back to the Laurentian community. I spent this past year on the S.G.A. board of directors as the Special Needs Commissioner. I sat on several committees, but I finally have an opportunity to really make a difference this year. I want to be the VP student services for the same reason everyone does, I want to continue to improve student life here at Laurentian. How does one do that? They ask for help. My door will always be open and you can always come see me with your suggestions. At the end of the day, this is OUR campus. The more effort WE put in it together, the more fun WE will all have together!

David "Stitch" Pillon

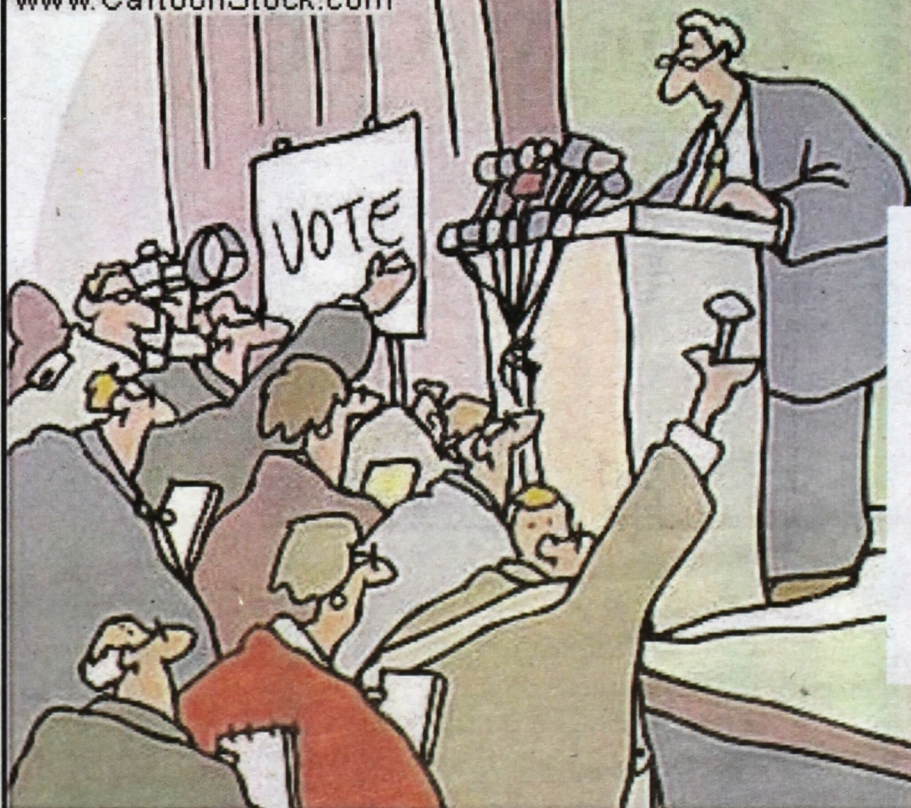


Hello fellow Laurentian Students,

My name is David "Stitch" Pillon, and I am currently running for VP Student Issues for the SGA. My goal as the VP Student Issues is to fight for freezing tuition fees, get more accessible grants and scholarships, eliminate the use of styrofoam on campus, create a more sustainable environment, promoting issues that affect students of Laurentian such as homophobia, racism, anti-Semitism, and Islamophobia. To achieve these goals I will work closely with the various and diverse groups on campus. Groups such as Pride, Muslim Student Association, Women's Centre, Native Studies Department, Caribbean and African Student Association, and all other groups which I may have not mentioned.

Holding an open door policy for all students to come in and voice their concerns about the issues that are affecting them. I have worked with Laurentians Education Action Coalition which helped with the Freeze For The Fees, and the free Mac'n'Cheese event. I have been committed to creating a better environment for students in the past and wish to continue to do so next year as the SGA VP Student Issues. Hopefully you will give me the opportunity to fight for you, the students at Laurentian. Thank you.

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"Yes, I lighten my hair. But only to be fairer and more accountable to the taxpayers."

VOTE!



Jacqueline
Miller
Arts & Entertain-
ment Editor

Think of it as PostSecret for your Pocket

The Value of a Penny

Carly Benkendorf, a fourth year New Media student at Ryerson University, is trying to bring new value to the penny with her thesis.

From the beginning, she knew that she wanted her thesis project to involve pennies. "I've started noticing people throwing away pennies, but I've always been the kind of person who keeps my pennies," Benkendorf told the *City Center Mirror* (a Toronto publication). "During times of economic struggle, like what we're seeing now, pennies are valuable." With the image given to pennies of near worthlessness, as they are thrown into fountains and haphazardly discarded on the streets, it is an ideal she hopes to inspire in others.

For her thesis, she has set herself with the daunting task of collecting 10,000 wishes from other people. After collecting the wishes, she will print them onto clear adhesive paper and attach the wishes to 10,000 pennies. She is collecting the wishes herself, both in a notebook

that she carries around with her, and via her website www.i-wish.ca, which was created specifically for her thesis. Her notebook has also found itself in the hands of her friends, and wishes have been collected everywhere from the Ryerson University campus to a hot dog stand outside of Mount Sinai Hospital. Due to her website, she has been able to collect wishes from 17 other countries around the world, such as the Netherlands, the United Kingdom, India, Iran, Finland, Australia, Croatia and Malaysia.

Her project is one that can connect everyone, everywhere. The wishes that have been collected range from general to extremely specific, funny to heartbreaking, inspiring and earthshattering. "The important thing," said Benkendorf, "is not so much to wish for something earth-changing so much as to wish for something you truly want" (*City Center Mirror*). People of all ages, professions, races, religions and geographical locations have anonymously donated their wishes to the site and to the project, to be displayed at the New Media students' exhibi-

tion.

The exhibition will be held on April 16 at The Burroughs building at Queen and Bathurst in Toronto. The exhibition will showcase not only Benkendorf's pennies, but many other projects from the New Media students.

For Benkendorf, the project has not been without its bumps. First, she had to come up with a solid idea for her thesis, and then get the go-ahead from her thesis advisors. Then she had to start collecting the wishes, which became much easier as she got the website up and running, as many people were more comfortable sending their wishes when they knew that it was totally anonymous. The pennies have been remarkably easy to get. "Since I have told everyone I am working with pennies for my project I am having a lot of generous donations of pennies. I am finding people are willing to give me five dollars worth of pennies, but if I asked, would they give me a five-dollar bill? Probably not." Benkendorf writes in the blog chronicling the course of the project. It is simply another reinforcement of how little value the

penny currently holds in our society.

The number of wishes had been growing as more and more people find out about the project, either from the several interviews that Benkendorf has already done, from the facebook group that she has created, or from friends who have pointed them towards her website. For her final exhibition she

just in front of the wall display. Should Benkendorf receive more wishes once after the presentation date, she will still print them out and circulate them herself.

If you would like to contribute to the project, visit www.i-wish.ca. You can donate wishes or pennies, and perhaps that penny will one day make its way back to you.

still needs about 2,500 wishes to reach her goal. Should the goal be exceeded, the wishes would still be printed and affixed to the pennies and would be shown at the exhibition, but would not become part of the permanent display. They would instead be displayed in a pile of pennies



Carly Benkendorf

A Sample of the Wish Pennies

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Jacqueline Miller
Arts & Entertainment Editor

Earnest-ly Endearing

A trivial comedy for serious people

Oscar Wilde never fails to delight and entertain, and *The Importance of Being Earnest* follows the trend. From the first moment the actors appear on stage, laughs abound and don't stop until the cast takes its final bow in this hilarious comedy of mistaken identities. We see butlers who think their masters are ridiculous, learn the rules of "Bunburying", and see carefully constructed plans fall apart from the tiniest slip of the tongue. This is a play to sit back and enjoy the ride. There is no need to look for deep hidden meanings that comment on the state of society. As director Ian MacLennan writes in his Director's Message, "The world of the play is one of lightness and inconsequence [...]. Just sit back and let Oscar's marvellous

writing wash over you."

The Importance of Being Earnest starts off when Ernest Worthing's cigarette case is found by his friend Algernon. Why does it then have a different name inscribed on the inside? And who is Cecily? As Algernon learns of his friend's intentions to marry his cousin, he demands answers to these questions and other. Thus, we find out that Ernest is actually Jack Worthing, who lives in the country, and Ernest is an imaginary brother he has created so that he can come to the city frequently. Algernon admits to having an imaginary friend named Bunbary who he uses as an excuse to escape to the country when social pressures become too much. This is just the start of the case of the mistaken identity as Jack attempts

to kill off his brother Ernest, only to find him alive and well, and in his garden. As well, Jack has been charged with finding relations before he will be allowed to propose to Gwendolyn, as her mother, Lady Bracknell, does not want her daughter to marry into a family of mystery.

Newcomers Jake McNeil and Colleen Kirkness shine as Algernon and Cecily. Cecily is quite funny with her little quirks, such as keeping a diary that she uses to prove past events, and becoming engaged to Ernest several months before she ever met him. Kirkness beautifully shows off her innocence but also shows herself to be an independent and strong-willed young woman.

One of the most impressive

aspects of McNeil's performance is that he seems to be eating in nearly every scene, yet his speech comes out as loudly and clearly as any other member of the cast. Algernon is a young man far more concerned with the pleasures in life than any of the working aspects. He is nearly always in debt and puts up with his family just to hear others make fun of them.

Stephanie Woolger, who played Gwendolyn, had a very expressive face. You could see in her eyes the feelings that she had for Luke Norton's character, Mr. Worthing, and whenever she talked to her mother you could see the disdain in her eyes and hear it in her voice. Luke Norton, who plays Jack Worthing, has fantastic comedic timing and is hilarious as he tries to keep his stories from

falling apart and tries to keep Algernon from interfering.

Craig Pearson, Callam Rodya, and Kevin Schafer brought to life several intriguing characters. Merriman and Lane are the man servants found in Jack Worthing and Algernon's homes, played by Pearson and Rodya respectively. Neither man seems to like who they are serving, and yet they do it nearly without complaint, which creates interesting undertones in their voices. Schafer plays the local pastor, who is always available to offer assistance and advice.

Natalie Lalonde plays Miss Prism, a tutor who is easily distracted from her lessons whenever Dr. Chasuble, the pastor, is around. Valerie Senyk is Lady Bracknell, the mother of Gwendolyn, and has connections to nearly every character in the play. She wears some very dramatic outfits, and is very much the head of her household. As such, she is not used to people disobeying what she says, though she spends the better part of the play trying to bend her daughter to her will.

Everyone in the cast has fantastic comedic timing and great physical comedy as they chase each other around, hide behind each other and many other such things. The cast connected very well with each other and the chemistry on stage was fantastic.

The costumes and the sets were just magnificent, and it truly felt like you had been transported back to the 1890s. The set was huge, and carefully created so that they large walls could represent all three locations, while the front of the stage could be changed easily to create a morning room or a garden. Though the set was quite large at parts of it very elaborate, it also contained no more objects than were actually needed, and was no overwhelming.

The costumes, provided by Stage & Street, gave the entire play a very authentic feel. They really helped to establish the characters and their positions in society. Lady Bracknell's costumes were by far the most elaborate and also very amusing as they were quite large and colourful.

Everything in the play, from scenery to music, lighting and costuming, and of course the actors, came together to create a snap shot of socialite life in 1890s England, and provided the audience with numerous laughs and much amusement.

The Importance of Being Earnest runs for several more nights (March 12th, 13th, and 14th at 7:30 pm at Thorneloe Theatre) as the audience tries to answer the ultimate question — who, exactly, is Ernest Worthing?

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BACK TO THE BASICS—SCIENCE & TECHNOLOGY RE-VISITED



**Mustafa
Abdulhusein**
Science &
Tech Editor

It's that time of the week again! Science and Technology time. Here...we...go!

I've decided to try something a little different for the Science and Technology column. If you've been privileged enough to read previous issues, you'll be familiar with my pet peeve about the world of Science and Technology. If not, then let me fill you (and this column) in! Undoubtedly, you're familiar with the vast expanse of the material that Science and Technology covers – everything from the words on this page to the paper they're printed on are subject to a degree of science. Therefore, it becomes increasingly difficult for me to write a bi-weekly column – there are so many rapid changes taking place. Long story short, I've decided to focus the first part of the column on news stories in the world of science and then follow that up with major news stories in the world of technology. That way, the esteemed Lambda reader (yourself) will

get digestible doses of both, which will hopefully be enough to tide you over for the next two weeks.

So, in the world of science, a large development has taken place recently, and if that wasn't enough – it took place in Montreal. That's right! A Canadian story!

Evolutionary biologists have often wondered about the origins of life. The version we are often taught in school is that in the primordial soup of ancient Earth, atoms collided to form energetically favorable molecules. Then, the formation of the cell membrane allowed the first cell to develop. I'm not sure if you noticed, but that was a big step – energetically favorable molecules to the cell membrane? That's like going from Benz making the first automobile one day and putting a man on the moon the next. Although the formation of molecules (such as amino acids) from simple atoms has been shown in the laboratory, molecular biologists have struggled to explain how the 'big step' of the first mechanism to build life was self-assembled.

Well, two Montreal researchers have proposed a new theory which may help explain this notion.

Sergey Steinberg, a biochemistry professor at the University of Montreal and student Konstantin Bokov, found the answer in the ribosome, a relatively large organelle (literally meaning small organ) within the cell cytoplasm that takes RNA instructions (mRNA from the nucleus) and builds proteins.

The difficulty in the past has been to explain how inanimate chemicals came together to make proteins – in the absence of life. This is especially challenging if you imagine amino acids as bricks and proteins as the Parker Building.

The theory they have proposed is that the ribosome was put together using relatively simple structural rules – like a three-dimensional puzzle. The ribosome was the 'easiest' (energetically stable) structure to form – explaining why another structure other than the ribosome did not form. The structural rules follow mathematical concepts, more than biological or chemical notions.

"In the absence of such explanations, some people could imagine unseen forces at work

when such complex structures emerge in nature," said Steinberg.

This theory has implications in other fields of scientific research. For instance, this research might be used to discover why proteins begin to form incorrectly – under supposedly spontaneous conditions. For example, several neurological disorders occur when proteins form in such a way that would impede their normal functioning. Steinberg's research could give insight in how that happens, and why. The discovery has been published in the scientific journal *Nature*.

The status potentially reads: "Facebook is updating Facebook." That's right, in the world of technology, the site we all love is undergoing a makeover. Among them will be that instead of the social networking site asking you, "What are you doing?", they will change the question to the perhaps more invasive question of, "What's on your mind?" Apparently, this will allow users to dig a little deeper into their thoughts (subconscious or not) rather than the usual mundane status updates of "Brushing teeth" or "Grooming

a horse". Another 'bonus' will be that the status will be constant, rather than updates every 10-15 minutes. Another major change will be that the site will allow its millions of users to easily choose the type of information they see. Basically, this will allow users to follow public figures like Stephen Harper, the Sultan of Brunei or even institutions like the BBC. The easiest way to imagine this would be to take fan pages and make them into profiles, thus allowing them to undergo constant changes – like posting photos, links, and updating information.

"As more and more information flows through Facebook, the need for people to easily discover the most recent and relevant content has grown," founder and chief executive Mark Zuckerberg said in a blog post.

Facebook has also decided to add filters so users can choose which of their friends to keep up with and which to silence. The Sopranos fan in me thinks of something else when I read "silence", and in case you're thinking the same thing, we're both wrong. Silencing a friend would limit the news that you get from certain people – so you don't have to sift through lines and lines of information to get to what you do want. This eliminates the need for the actual "Delete this friend" process, something many users undoubtedly find daunting. This 'facelift' of Facebook should happen quite quickly – you may have already received an invitation to check it out and provide feedback.

There is no confirmed word yet on how advertising dollars will fit into this plan – although Facebook has tried with varying degrees of success to get into the advertising game. The huge dollar signs seen by Google after discovering search-related advertising are still eluding the social networking site.

On a side note, if you get a chance, read the Terms of Use and the agreement for the site. Apparently, whatever is uploaded onto the site is owned by Facebook – something you might want to keep in mind the next time you're putting up an original work of art or photos of you over the weekend (which might be one in the same).

Stay tuned for the next edition – a synopsis of Science @ Laurentian!

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Roderick Purzner
Lambda Writer

Sick of the Flu?

Just coming back from reading week, I've talked to a lot of folks who had a less than enjoyable experience. Instead of having some fun, many of us were stricken down by the flu and relegated to our beds for most of the time. Luckily for us, the seasonal flu might not be such a problem down the road. Scientists have discovered a new antibody that seems to be effective on a huge variety of different viral strains. This antibody, tastelessly named CR6261, binds to protein receptors on the outer coating of the virus. Researcher Ian Wilson of the Skaggs Institute for Chemical Biology totes their latest discovery as a step towards finding the Holy Grail of influenza vaccination. This specific antibody has been described amusingly enough as the "Supermantibody". It has been demonstrated that this antibody can neutralize the Spanish Flu of the early 1900's, a variant of Avian Influenza seen in Vietnam as well as the seasonal flu viruses. The next step in this research is to determine what mechanism of action it uses to neutralize such a broad range of virus. Although further study is required, everyone is very excited about what this means for future flu vaccination. CR6261 could bring about the development of a universal influenza vaccine.

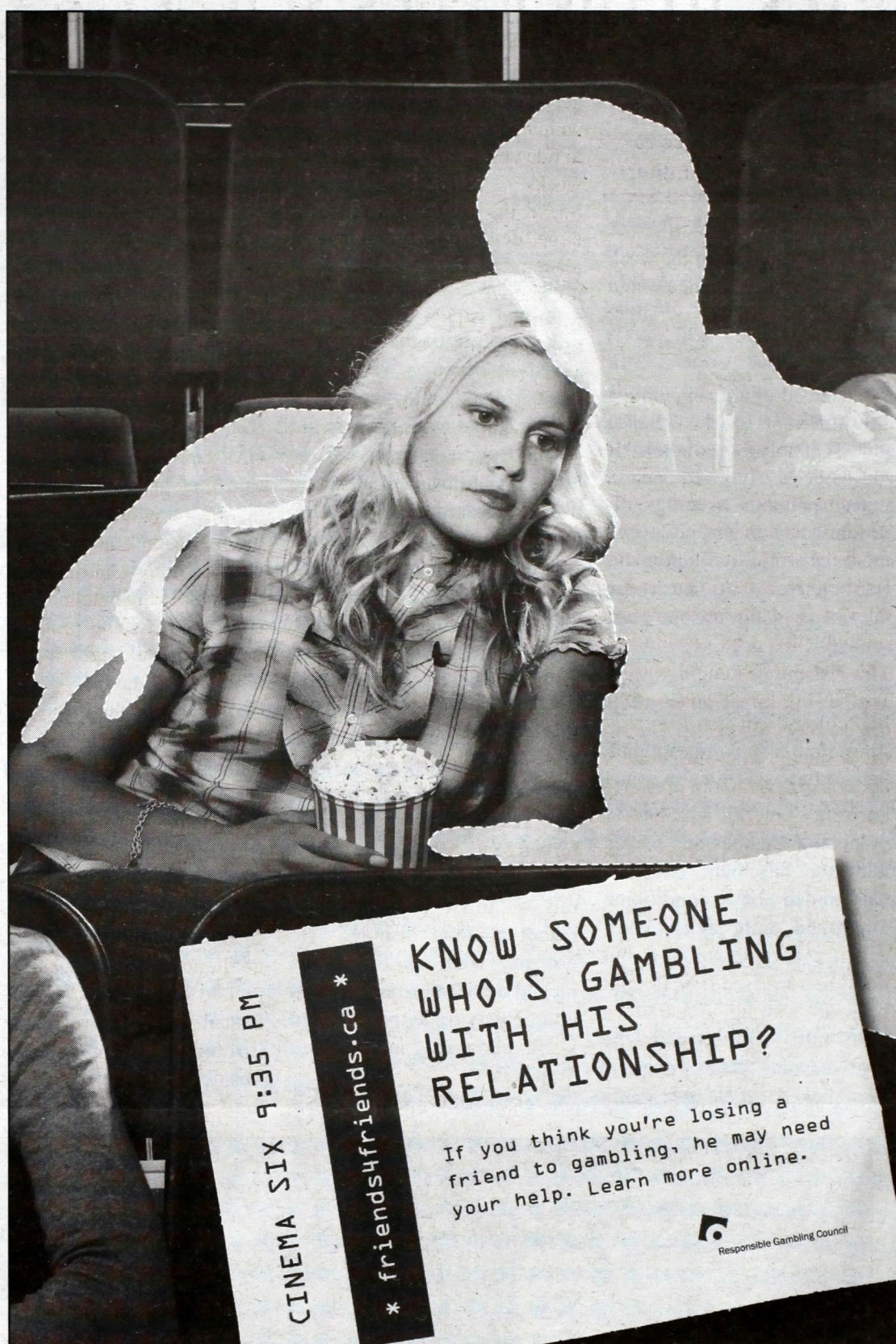
Looking to Space for Solar Cell Efficiency

There are a number of issues with current solar cell technologies. For one, solar panels on the market today are very inefficient, using only a very small percentage of the sun's energy. Additionally, solar panels do not work at night. Since half of the planet is always facing away from the sun, this last point causes a serious problem for solar power if it is to be a reliable and efficient source of energy in the future. A private space research and development company called Space Island Group may have the answer we are looking for. In recognizing that much of the sun's energy is lost through the atmosphere and that half of our world is in shadow all the time, they have proposed a novel solution. The concept is simple: Launch huge solar panels into orbit above fixed locations on the ground. Underneath these square kilometer wide solar panels are large receiving stations on the Earth's surface. The solar panels will absorb the sun's energy with maximum efficiency and convert this energy to harmless microwaves which will be broadcast to these receiving stations on the ground. The ground stations will convert these microwaves back to usable energy which could supply our energy

needs indefinitely. The Space Island Group proposes that each one of these solar panel receiver networks could produce a few million to a few billion kilowatt hours. Each house consumes an average of about 1000 to 2000 kWh per month. Although this proposal sounds like something out of Star Trek, a few years from now, we might be getting our energy beamed in from space.

Hungry? Eat Plastic!

Plastics are present in almost every product we use today. Although plastics are very durable and cheap to manufacture, they take many thousands of years to decompose. The long shelf life of plastics is handy from the manufacturing perspective but they are causing a huge problem for landfills. Wouldn't it be ideal if you could just throw your plastic grocery bags out after using them and not worry about their effect on the environment? A specific type of plastic called Polyhydroxybutyrate or PHB is produced through the metabolic activity of a particular microorganism and has been known to be biodegradable for some time. The problem with this plastic is that until now there has been no cost effective way to produce it on a large scale. Recently, scientists have isolated the genes that code for the production of PHB and added it to a Cress plant, a leafy vegetable. After breeding this new strain of plant, researchers discovered that 14% of the dry mass of the leaves contained PHB. It is their hope that producing this plant on a large scale would provide an environmentally friendly alternative to the non-biodegradable plastics currently on the market.



The minimum wage is going up.

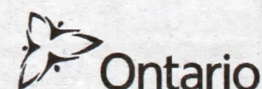
If you're an employer, here's what you need to know.

	General Minimum Wage	Students under 18 and working not more than 28 hours per week or during a school holiday	Liquor Server	Hunting & Fishing Guides: for less than five consecutive hours in a day	Hunting & Fishing Guides: for five or more hours in a day whether or not the hours are consecutive	Homeworkers (people doing paid work in their home for an employer)
Current wage rate	\$8.75/hour	\$8.20/hour	\$7.60/hour	\$43.75	\$87.50	110% of the minimum wage
Mar. 31, 2009 wage rate	\$9.50/hour	\$8.90/hour	\$8.25/hour	\$47.50	\$95.00	110% of the minimum wage

On March 31, 2009, the general minimum wage will increase to \$9.50 per hour from the current rate of \$8.75 per hour.

To find out more about how the new minimum wage guidelines affect employers and employees, call or visit the Ministry of Labour web site.

Paid for by the Government of Ontario



1-800-531-5551 www.ontario.ca/minimumwage



Nicholas Ruscitti

Sports Editor

Buyers

The New York Rangers made a couple significant additions on deadline day. Picking up a much needed power forward in Nik Antropov will surely help to address some of the Rangers issues up front. While on the blue line they picked up a solid defenseman in Derek Morris, who was of high demand nearing the deadline. Glen Sather is optimistic that this will give the Rangers that extra push that they need going into the post-season.

The Pittsburgh Penguins were another big buyer on deadline day as they added Bill Guerin to a lineup that desperately needs a gritty veteran presence up front. Guerin, who has 31 points in 61 games this season with the basement Islanders was traded for a conditional 5th round draft pick. We'll call it a bargain for now but don't be surprised if NHL analysts are calling this trade a steal mid way through the post-season. The Penguins also picked up winger Chris

Kunitz earlier in the week in a deal that saw Ryan Whitney pack his bags. It will be interesting to see if these two have what it takes to give this team that much needed shot in the arm.

Sellers

It was made no secret by Maple Leafs GM Brian Burke that Nik Antropov and Dominic Moore were on the fast track out of the city. The question became; who wants them? And for what price? While Burke was probably not thrilled with the answer to those questions, it was time to cut his losses and start the rebuilding process. In an attempt to hold out for a first round pick, Burke waited until the final half hour to pull the trigger on a deal that saw Antropov head to the Rangers for a 2nd rounder and an additional conditional draft pick. Burke admitted that this wasn't the best case scenario but he was satisfied with how it all turned out. Burke was in a hurry to get Dominic Moore out of town because of a recent contract dispute. He got his wish as the Leafs picked up a 2nd round pick in a three way trade that resulted in Moore landing in Buffalo.

Winners

The clear-cut winner on dead-

line day was Calgary. Although they were the only team on deadline day to trade a first round pick, it worked out for them in the end.

The Flames picked up high scoring centre Olli Jokinen in a trade with Phoenix and defenseman Jordan Leopold from Colorado. Flames GM Darryl Sutter said that he didn't mind giving away the first round pick because he felt that their AHL affiliate contained two or more players that have more talent than what they would have chosen with their pick. Overall a great day for Darryl Sutter and his management team. Another winner on deadline day was the Ottawa Senators. The Sens made a significant stride towards improving their goaltending core, as they picked up backup goalie Pascal LeClaire from Columbus for Antoine Vermette and a conditional draft pick. LeClaire lost his

job to injury, and Steve Mason was named the starter. When LeClaire came back from injury Columbus had no choice but to keep Mason between the pipes as he is putting up Vezina trophy numbers this season. When all is said and done the Ottawa Senators pick up a proven NHL goalie; a position that Ottawa has lacked talent in since Hasek was in town.

Losers

The Montreal failed to pull the trigger on any kind of deal. This is a very strange position for GM Bob Gainey to be taking considering his club has been struggling as of late. The Washington Capitals were also in neutral at the trade deadline. They failed to make any additions to a mediocre defensive corps. Jay Bouwmeester or Derek Morris would have been a decent fit here.

NHL Trade Deadline



The Leafs trade Antropov to the Rangers for a second-round draft pick and another conditional draft pick.



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VOYAGEURS' TIRILIS NAMED TO OUA ALL-STAR TEAM

Ontario University Athletics (OUA) is pleased to announce the 2008-09 men's East Division basketball All-Stars and major award winners.

Carleton Ravens fifth-year guard Stu Turnbull (Kingston, Ont.) is the 2008-09 East Division Player of the Year. On a Ravens team that was ranked No. 1 in the nation for the majority of the season, Turnbull led the team with 368 points (an average of 16.7 per game), and was second with 60 assists and 27 steals. He also contributed 111 rebounds, including 77 on defence. Turnbull headlines the list of East Division First Team All-Stars, presented by Wilson Sports Equipment Canada.

Turnbull's teammate, Rob Saunders (Kingston, Ont.) is the East Division Defensive Player of the Year. The fifth-year guard contributed 57 defensive rebounds, 18 steals and nine blocks on the season. He was among the top players in minutes for the Ravens, averaging 25.2 per game. David Tyndale (Mississauga, Ont.) of the York Lions is the East Division Rookie of the Year. The guard was second on the team in points with 301, an average of 15.1 per game, as well as assists with 50. He also averaged 31 minutes in 20 games played. Tyndale headlines the East Division All-Rookie team.

Ottawa Gee-Gees fifth-year centre Dax Dessureault (Embrun, Ont.) is the Ken Shields Award winner for his achievements in basketball, academics, and community involvement. The four-time Academic All-Canadian has appeared at over 25 elementary school visits as a guest speaker and clinician. Dessureault volunteers at Louis Riel High School in Ottawa, Ont. to work with the Sport Etude program, as well as providing clinics with the Hull Dragons Basketball Association. Dessureault is also named to the First Team All-Stars. He led the Gee-Gees with 148 rebounds, including 104 defensively, and was second in team scoring with 335 points, an average of 15.2 per game. Dessureault also tallied 61 assists, 39 blocks and 30 steals.

Ravens head coach Dave Smart rounds out the East Division award winners as Coach of the Year. After dropping their first game of the season, Carleton won 21 straight games to finish the regular season with the best record in OUA (21-1). Along the way, the Ravens knocked off

their closest competitors for an East Division crown, the arch-rival Gee-Gees (19-3), on two separate occasions.

Joining Turnbull and Dessureault as First Team All-Stars are third-year forward Boris Bakovic (Toronto, Ont.) of the Ryerson Rams, fifth-year forward Aaron Doornekamp (Odessa, Ont.) of the Ravens and fourth-year guard Josh Gibson-Bascombe (Toronto, Ont.) of the Gee-Gees. Bakovic led all of OUA with 600 points, an average of 27.3 per game. He was also the league's second-best rebounder with 209 boards. Gibson-Bascombe was third in the division in scoring averaging 17.6 points per game. He also had one of the top field goal percentages at 51.1 percent as did Doornekamp at 49.8 percent. Doornekamp scored 303 points on the season.

Forming the Second Team All-Stars are Toronto Varsity Blues fourth-year guards Nick Magalas (Burlington, Ont.) and Rob Paris (St. Catharines, Ont.), Queen's Gaels third-year forward Mitch Leger (Kingston, Ont.), York Lions fifth-year guard Tut Ruach (Mississauga, Ont.) and Laurentian Voyageurs fourth-year forward Matas Tirilis.

Joining Tyndale on the All-Rookie team are York guard John Lafontaine (Whitby, Ont.), Ryerson guard Josh Budd (Timmins, Ont.), Carleton forward Kyle Smendziuk and Ottawa guard Warren Ward.

SECOND TEAM ALL-STARS

Mitch Leger (Queen's)
Nick Magalas (Toronto)
Rob Paris (Toronto)
Tut Ruach (York)
Matas Tirilis (Laurentian)



Student Employment Opportunities with the Intramural Sports Program!

Ainsley Farr

Intramural Administrative
Assistant

The Intramural Sports Program is run for students by students and is a fun, relaxed and exciting work experience. There are a large number of positions available. Positions as Intramural referees, scorekeepers, and timers are available. Minimum wage begins at \$9.50/hr and up depending on level of responsibility. Positions begin September of 2009. Intramural Sports usually run from 9:00 pm to 12:00 am on weekdays Monday to Thursday. A small number of activities are run on weekends, and Friday afternoons as well. Working as an Intramural Sports official is a great opportunity to

make extra money, and can be a reference source for teacher's college, employment, and graduate school. Intramural Sports officials have flexible hours that are fitted to school schedules and are located conveniently on campus.

Resumes and cover letters can be submitted to Mr. Ron Larwood, Manager, in the Department of Active Living, which is located in the new section of the Ben Avery Building. The office is open from 8:30 am to 4:30 pm and breaks for lunch between 12:00 pm and 1:15 pm. Please get your resumes in before April 30, 2009 to be considered as a referee, scorer or timer for fall 2009.

Good luck with your applications! Looking forward to working with you.

Intramural Volleyball Off to a Good Start!

Amanda Barnes

Intramural Volleyball Convenor.

Over the past few weeks here at Laurentian University, the Intramural COED Volleyball league has had a positive start. The teams have been coming out in full strength and full of school spirit. The convenors are excited to see such enthusiasm and are thrilled for the upcoming month of great volleyball fun!

Last week, the convenors held their

first theme night: 'Team Cheer'. All teams were enthusiastic and presented terrific and original cheers! Congratulations to the Huntington Elite and the Spike Stars teams who won the best team cheer and team spirit award. Thank you to all the teams for being so keen and making the first theme night a success! Overall, the Intramural COED Volleyball league convenors have seen an amazing start and wish to carry this into the remainder of the event.

LADY VEES' WOODS RUNS TO CIS CHAMPIONSHIPS IN WINDSOR

Madeleine Woods of the Laurentian Lady Vees Indoor Track team heads to a familiar spot to compete in the 600-metre event at the CIS championships. Woods will represent Laurentian at her old stomping grounds, the University of Windsor from March 12 to 15, with her preliminary race taking place on Thursday, March 12.

Woods, a Sudbury, Ontario native returned to her hometown to attend Laurentian for Biomedical Biology, before applying to med-schools. With a year of eligibility left after running four years for the Lancers, Woods now runs for the blue and gold.

Woods competed in some cross-country events this fall; however her main focus continued to be on the track where she excelled for Windsor. When the indoor season came around, Woods became a real leader. Using her experience she led the Lady Vees in each meet they competed in, including the OUA championships where she placed sixth in the 600-metre, just .59 seconds off the podium, good enough to place her in the top-12 in Canada and punch her ticket to the city of roses.

Highlights of Woods' year include a win in the 800-metre at the Lake Superior State Open, and anchoring the 4-by-400-metre relay team to a second place

finish at that same event. She placed 3rd at the Ottawa Super Saturday series in the 1000-metre and third in the 600-metre at the prestigious McGill Challenge meet. Woods also grabbed silver in the 600-metre at the York Open.

"This will be my final university meet, and I'm thrilled that it will be at the CIS championships" said Woods.

"Madeleine is peaking at just the perfect time," said Woods' coach and Lady Vees assistant Darren Jermyn. "Madeleine is extremely fit, highly motivated and knows the Windsor track very well. She will be a factor down there."

Woods will head to a familiar place for the CIS championships, hosted by the Windsor Lancers. She will step up to the mark in the 600-metre on Thursday night, March 12 at 8 p.m. for the preliminaries knowing it is her final chance to leave a mark on the University scene and would love to, wearing her hometown blue and gold. The finals for the 600-metre event are Saturday at 1:30 p.m. Follow Madeleine every step of the way live at http://windsorlegion-track.com/2009Season/cis_championships/index.php; while recaps and stories can be found at www.luvoyageurs.com.

A Woman Talk to Women

Céline Fortier
Lambda Contributor

Welcome to this new chronicle, specially dedicated to women of all ages! A little something about why I decided to write to you. I was raised in a family of four generations of women, therefore I am very comfortable around women. I wish to share with you, beauty tips, relationship tips based on professional opinions, health, personal organization, budget for saving time and money, great recipes fast and easy, spirituality, career, just about everything that concern us women.

Beauty tips: How is your skin these days? Just know in the winter all our body part gets way dryer... Here is a tip from Dr. Phil's wife: Robin, use facial cream three times a day, morning, lunch and evening. If you don't like spreading cream all over your body, everyday, you can use this tip: Skin so Soft from Avon, (dual softening body oil in spray), it does wonder! I spray it twice a day, and my body skin never felt better!

Also your hair gets really dry too. Here a tip from the author of the book, don't go shopping without me: Paula Begoun, I have been doing it for a long time now, and it works like a charm! She explained that all commercial shampoos are too concentrated, and can irritate the scalp and dry our hair prematurely... Her tip, in an old empty bottle of shampoo, pour one third of the total bottle with shampoo and fill the rest up with water. Shake well before each use, you will obtain a great body of mousse, and your hair will feel very soft. Best of all you will save money with the fact that your bottle now will last you one month instead of two weeks!

Organized/organized: With school and any other responsibilities, you add to it, life can become hectic. Here some tips to organize your day, in a fast way. A) Lunch, the night before, when preparing your supper, make an extra portion so you can bring it for your lunch at school, the next day. Add a raw sliced carrot, (it count as one veggie portion) desert and bottle water with it. Put it all in a lunch bag ready in the fridge. B) Shower, take it the night before, pull up your hair with clips, they will dry during the night, and you will keep them healthier by not using a hair dryer. Clothing, school bag/notes/lap top: same principal, the night before, all

by the door ready to go. This way all you have to do in the morning is get dress, eat breakfast, brush your hair/teeth, grab your lunch and school bag and go!

You will love your morning without running around the house doing lunches, shower, etc...

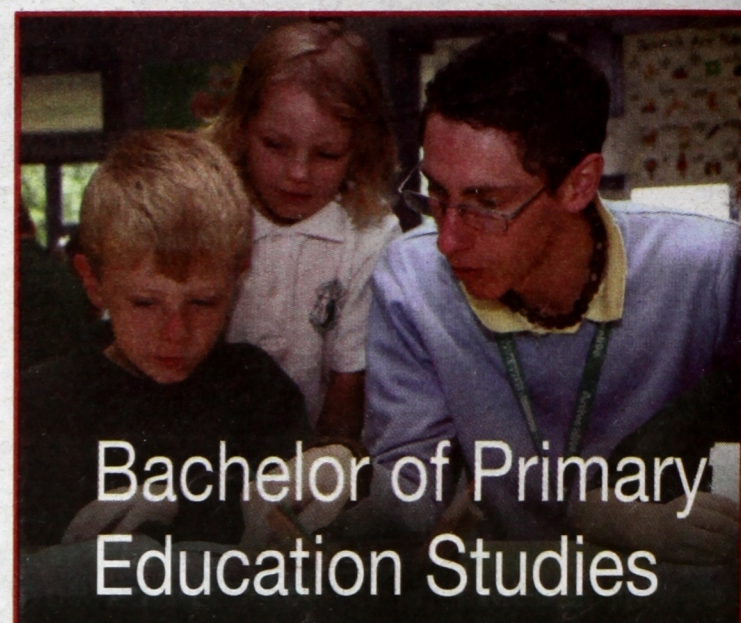
This way you will start your day relaxed, and will enjoy your school life so much better!

One last tip: We all love our coffee in the morning. However with a student budget how many can we really afford? Here is what I have been doing forever... Every morning, I start washing my face first with warm water (2-3 splash) then with much colder water (4-5 splash) I have problems with insomnia, and this routine gets me to my mornings classes. I wish it will help you too, to save a lot on coffee spending! I calculated how much approximately I have been saving per year: three coffees per week for 17 weeks of school per semester. Grand total: $3 \times 2.50\$ = 9.00\$$, $9 \times 17 = 153\$$!!! And if you multiply for any other semester you did or still have to do... what a bundle, you can save!! Don't you think?!

It is a great pleasure for me to help women in any way I can. Soon I will have an email address to leave you, this way if you have questions about topics not mention in my articles here, I will try to answer them or find an answer for you.

Until next time, ladies take good care of yourself, and may your higher power bless you all!

Céline Fortier, but please, call me Célyna!



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